



## **Houston Department of Health and Human Services**

### **Avoid heat-related illness with these tips**

- Drink water well before you feel thirsty.
- Do not drink alcoholic drinks because they dehydrate the body further.
- Fruit juices are a good substitute for water and if exercising, sports drinks.
- Get exercise and physical work out of the way early in the day, when it's cooler.
- Wear lightweight, light-colored, loose-fitting clothing that permits the evaporation of perspiration.
- Stay out of direct sunlight when possible and/or use sunscreen.
- If your house is not air-conditioned, visit cool places during the day - movie theaters, air-conditioned malls, multi-service center, swimming pool or library.
- Keep cool with cool baths, showers or use ice bags or wet towels.
- Never leave any living thing inside a closed car with no ventilation.

#### **For more information**

<http://www.ci.houston.tx.us/departme/health/HEAT 2004.htm>